

## Abstract

In a multiple access system, transmit authorizations are transmitted at a high rate in order to fulfil the requirements relating to the delay jitter. However, the transmit  
5 authorizations are transmitted only as long as is necessary. Following the reception of a data packet of a terminal, the transmission of further transmit authorizations for the same terminal is interrupted. Only after a specific time period, i.e. shortly before the expected transmission of a data packet of the same terminal, are transmit authorizations again sent to this terminal at a high data rate. In this way short time periods, in which  
10 transmit authorizations are sent to a terminal at a high rate, alternate with long time periods in which no transmit authorizations are sent to this terminal. In the long time periods, for example, transmit authorizations can be sent consecutively, in each case in short time periods, to one, two or more further terminals. In this way the bandwidth utilization is optimised.